



## **Counseling Psychology and Optimal Human Functioning (Vocational Psychology Series)**



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Counseling psychologists have always been vitally involved in promoting good health and preventing mental, physical, and social disorders. This volume focuses on how their efforts can foster and build optimal human strength and well-being. The chapters show how counseling psychology plays a major role in helping people make changes at home, at work, and in the community in ways that prevent disease risk and strengthen personal and social resources.

Written by leading psychologists, the volume shifts away from pathology and illness and moves more toward the science of positive psychology. Five major themes--intact personalities, individual assets and strengths, positive mental health, person--environment interaction, and career development--are discussed. These serve to unite the roles and tasks of counseling psychology.

All students and professionals concerned with mental health and career counseling will find *Counseling Psychology and Optimal Human Functioning* thought-provoking and helpful reading.



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